

Bangalore Mirror

TEMP Max 31 | Min 19 | Humidity 56%

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Sensex 65,397

Nifty 19,542

Gold 60,620

Silver 72,234

Dollar 83.11

Euro 88.04

GBP 101.03

'Sewage treatment plants at Bengaluru's lakes do not provide effective wastewater treatment even to sustain fishery'

WATERFALL

'Nitrogen and phosphorus not removed from wastewater'



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TWEETS @BangaloreMIRROR

The standard secondary treatment of wastewater in Bengaluru is insufficient for removing nutrient pollution from city lakes, according to researchers at the Ashoka Trust for Research in Ecology and Environment (ATREE).

A group of researchers analysed the water quality of Bellandur and Jakkur lakes: they found the STPs do not provide effective wastewater treatment even to sustain water quality for fishery.

"The secondary wastewater treatment plants that we have at most of the lakes do not remove nitrogen and phosphorus from wastewater. The green algal bloom in many city lakes such as Jakkur, is an outcome of high phosphorus and nitrogen in the treated water being let into the waterbody. Moreover, constructed wetlands in many cases are not removing the nutrients to prevent the bloom and fish kill. This is because in most of the cases the wetlands are under-designed," said Priyanka Jamwal, research fellow, ATREE.

“We should look at environmental management systems approach where goal is to achieve continued improvement rather than time bound thresholds

— Priyanka Jamwal, research fellow, ATREE

The constructed wetland to further treat effluents at Jakkur Lake is insufficient for reducing nutrients enough to prevent dense blooms of algae, dominated by potentially toxic cyanobacteria, a risk to public and animal health.

Setting up realistic water quality targets should be the first step in any lake restoration programme, said experts -- time-bound and stringent standards for lake restoration leads to the issue of failed restoration, they are of the view.

Researchers underlined it is time we look at the environmental management approach and strive for continuous improvement with a clear goal in mind.

"The Detailed Project Report (DPR) of Jakkur Lake does not talk about the goal of restoration. While the lakes are receiving secondary-level treated waste-

water, we are setting unattainable standards. Thus, most of the time, we raise the issue of failed restoration. Instead, we should look at the environmental management systems approach where the goal is to achieve continued improvement rather than time bound thresholds. This would allow community stakeholders to lower expectations on what can be achieved and setting achievable goals in a phased manner over many years will be realistic," added Jamwal.

Wastewater treatment vital

Researchers conducted a comparative study of Bellandur and Jakkur lakes to highlight the benefits of wastewater treatment. While the unrestored

CONTINUED ON PAGE 2 >>

BM NAVARANG
2023

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9591233247

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Please note-Tomorrow's colour code is **PURPLE**

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WIDER ROADS
KR Puram-Kolar route to be made 6-lane

PAGE 4

DEATH OF HONOUR
Experts suggest ways to check 'honour killings'

PAGE 10

3 THINGS TO DO



01 Epic journey

Rangayana presents 'Parva', a captivating Mahabharata adaptation redefining human resolve through a mesmerising 8-hour Kannada live performance. Join them for a surreal experience. **Where:** Chowdiah Memorial Hall **When:** October 22

02 Rhythms of bliss



Experience the Enchanting Navratri Celebration with Natanam Institute of Dance, under the guidance of Acharya Dr Raksha Karthik and her dedicated disciples, presenting diverse compositions by renowned vaggeyakaras. **Where:** Sri Sri Mahan

Odukathur Mutt and Sri Dhandayudha Paani Temple; **When:** October 23, 6.30 pm – 8.30 pm

03 Revolutionary tale



Don't miss Girish Karnad's 'Taledanda' directed by Shiva Honniganahalli, a thought-provoking exploration of contemporary Indian socio-political conflicts, revolution, and its challenges. Join us for this insightful journey. **Where:** Kalagrama; **When:** October 22, 7 pm

Rajajinagar's footpath cleanup champion

Engineer's tireless efforts for past five years in clearing encroachments from footpaths have created cleaner, safer environment for pedestrians in area

PICTURE FOR REPRESENTATION ONLY

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TWEETS @BangaloreMIRROR

Pavendhan V, a dedicated hardware engineer from Rajajinagar, is committed to raising awareness among street vendors and shop owners about the importance of maintaining pedestrian-friendly footpaths on important roads within the Rajajinagar Assembly constituency.

Pavendhan has been actively involved in this initiative for the past five years. He spends weekends clearing encroachments on footpaths caused by shop owners and street vendors. "I started creating awareness among street vendors and shop owners in 2018. I came across many trees damaged by nails and stapler pins used for keeping pamphlets and notices on trees. The pathetic condition of the trees made me start to clean trees, poles, and footpaths," said Pavendhan.

Though Pavendhan has been actively participating in the programme for five years, he has not encountered any opposition or objection from the street vendors and shop owners. "I take the shop owners and street vendors into confidence by explaining my objective to them and the importance of keeping trees from posters and nails and ensuring the footpaths free from all types of encroachments," said Pavendhan.

His speciality is that he politely reads the court directions on footpaths and punishments for parking vehicles on footpaths. "I will discuss with them and explain to them about the need to make footpaths pedestrian-friendly," he said.

Pavendha, in association



(Inset) Pavendhan is seen with BBMP Work Inspector and Head Police Constable at Bhashyam Circle

with traffic police and BBMP authorities, takes up awareness and anti-encroachment drives. "I will write letters to the BBMP authorities and traffic police seeking support to clear footpath

"I started creating awareness in 2018. The pathetic condition of the surroundings made me start to clean"
— Pavendhan V, Hardware engineer

encroachments. A head police constable (traffic) and a work inspector of BBMP will accompany me while conducting awareness and anti-encroachment drives," he said.

He said he got permission

from BBMP Assistant Executive Engineer in 2021 to conduct awareness programmes. "I wrote a letter to the Deputy Commissioner of Police (Traffic) about misusing sign poles put up by traffic police. My letter was forwarded to various traffic police stations in the city by the Deputy Commissioner of Police advising them to keep the sign poles free from posters and pamphlets," he said, adding that he will continue to conduct awareness and anti-encroachment drives in future.

Speaking with Bangalore Mirror, Head Police Constable (Traffic) Gopalakrishna has said that traffic police have also penalised many people for encroaching footpaths. "We tell the street vendors and shop owners not to encroach footpaths meant for

pedestrians," said Gopalakrishna. BBMP work inspector Srinivas M has said the problem with the street vendors is that they will come back as soon as they are removed from the footpaths. "We have penalised some street vendors for causing obstructions to pedestrians," said Srinivas.

Around 150 encroachments were cleared on some important roads on Wednesday and Thursday, including the roads between Bhashyam Circle and ESI Hospital Circle, Ramamandira Ground and Old Police Station Circle.

'Set up realistic water quality targets'

CONTINUED FROM PAGE 1

Bellandur Lake receives 231 million litres per day (MLD) of untreated wastewater, Jakkur Lake receives 10 MLD of treated wastewater apart from some tertiary treatment by circulating the effluent through a constructed wetland before it enters the lake.

The study highlighted that even though Jakkur Lake is by no means fully restored, it sustains water quality that allows propagation of fisheries and shore-based

recreation. It also contributes to greenhouse gas emission reductions. The water quality of Bellandur Lake was found to be terrible with high organic pollution levels leading to the complete absence of oxygen even at the surface. The parameters exceeded use-base standards for bathing water and fisheries.

The high levels of organic pollution and low oxygen conditions in the lake were found to have led to extreme levels of methane emissions that occasionally led to

the lake surface catching fire. Total nitrogen and total phosphorus concentrations in the lake were extremely high as well. In comparison, the waste-water treatment and wetland at Jakkur Lake considerably reduced organic pollution.

Total nitrogen and total phosphorus concentrations in the lake had reduced too, but it still experienced algal bloom. The lake sustained water quality sufficient to maintain a fishery and relatively rich biodiversity.

"Our study found that effective wastewater treatment is important for improving water quality of urban lakes.

Without this, all uses are lost as the water quality becomes hazardous to both humans and animals. Severely polluted lakes, with little sewage treatment, are a high source of greenhouse gas emissions, with many urban lakes now covered under IPCC guidelines making an additional incentive to install effective wastewater treatment," noted the study.

You've got (phishing) mail



City records high number of ransomware attacks; experts advise caution

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Bengaluru is among the top cities where several cases of phishing attacks have come to light. According to a latest report, 2.93 million attacks have been reported from Bengaluru in the first quarter of this year. Overall, Karnataka stands fourth in the country in the phishing attack as 3.86 million cyber attacks have been reported across the state in the first quarter.

According to a Quick Heal quarterly threat report of Q1, 2023, ransomware attacks continue to be a significant concern. Additionally, newer variants and novel attack techniques have come to light that show that malware is finding ways to bypass traditional admin security measures.

"The attackers are now exploiting both new and old software vulnerabilities. It is also noteworthy that while some types of attacks, such as Windows malware and ransomware, have gone down this time as compared to last year's first quarter, others, such as PUA and Adware, have increased," the report says.

The introduction of ChatGPT early on this year, has also changed the threat landscape. "While criminals have begun employing sophisticated capabilities of Artificial Intelligence and machine learning tools to gain the upper hand, cyber security experts are also deploying the same technology to counter these attempts and keep systems safe," said the report.

With the increase in popularity of open AI sites, there could be possible threats, said the report. The report said, "OpenAI's release of ChatGPT, the new interface for its Large Language Model (LLM), was received with an instant flurry of interest in AI and its possible uses."

However, ChatGPT has added major seasoning to the modern cyber threat landscape, as it quickly became apparent that code generation through it could help less-skilled threat actors effortlessly launch cyber attacks. A thread named "ChatGPT - Benefits of Malware" soon appeared on a popular underground hacking forum where experiments with ChatGPT were being discussed to recreate malware strains and techniques described in research publications along with write-ups about common malware."

Meanwhile, a n investigative report from CloudSEK unveiled the involvement of alleged Chinese scammers in exploiting India's digital payment ecosystem. The report said that scammers were using illegal instant loan apps to lure thousands of victims with false promises of substantial loans and easy repayments. They then vanish after extracting personal information and fees. These scammers are evading actions by law enforcement agencies by using Chinese payment gateways and Indian money mules. "From July to September 2023, cyber-criminals amassed approximately Rs 37 lakh by posing as a bank through fraudulent Chinese payment gateways. More than 55 harmful Android apps have been distributed through various channels.

We have identified over 15 payment gateways operated by Chinese individuals involved in this fraudulent scheme. In the aftermath of the Enforcement Directorate's actions against legitimate payment gateways for money laundering in September 2022, cybercriminals have shifted to using in-house or small-scale legal/illegal payment gateways," said Sparsh Kulshrestha, Senior Security Analyst at CloudSEK.

According to Kulshrestha, the scammers employ a multi-step approach like creation of fake instant loan apps, promoting illicit apps, solicitation of personal information, permission access and processing fee payment and disappearance after payment.

"A notable trend we've observed is scammers exploiting Chinese payment gateways due to their relative ease of use and limited regulatory scrutiny. These gateways offer a convenient bridge to funnel funds outside India, leveraging sophisticated techniques that blur jurisdictional lines, making it challenging to track and intercept the money trail. This enables scammers to sidestep the legal and financial roadblocks," said Kulshrestha.

Rent-a-vehicle con costs man Rs 10K

A man has lost Rs 10,000 to a fraud vehicle renting company. The man, Sunil Kumar Kasavanahalli, took to X to say that he had checked online and called a number to inquire about travel companies renting vehicles as he wanted to rent a vehicle to go to Sabarimala.

"Even before the call was over with the representative, I received too many calls from tours and travel companies. Among those, one person offered me a better price and spoke to me in detail and also sent vehicle pictures," he said.

He was then told that the booking cannot be confirmed without an advance. "I was trying other contacts too but could not finalise any as the initial rate was better. So the next morning, when he sent me a message, and sent me a QR code to transfer Rs 10,000 as advance to confirm, I did that," said the victim.

The victim then sent the money by scanning the QR Code, but since then the phone number is not active. "The phone is switched off and all messages sent to me have been deleted," he added.

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RF 07 Rajasthan Mewad with Mt. Abu	9 Dec	KF 07 Panoramic Kashmir Vaishnodevi	14 Dec
FV 10 Vietnam Cambodia	9 Nov, 21 Dec	NN 09 Darjeeling Gangtok Pelling	22 Dec
HF 08 Panoramic Shimla Manali	23 Dec	HG 08 Dalhousie Dharamshala Amritsar	23 Dec
FI 08 Bali Jakarta	18 Nov, 23 Dec	WI 05 Bali - Chota Break	23 Dec
NZ 10 Bhutan	20, 27 Nov, 25 Dec	Q2 10 Singapore Thailand Malaysia	24 Dec
Q8 06 Singapore Malaysia	21 Nov, 22 Dec	FY 07 Phuket Krabi Bangkok	27 Dec
AI 09 Fun Filled Australia	6 Dec	QA 06 Thailand	28 Dec

Uttar Pradesh ₹21,000* 4 to 8 Days	Madhya Pradesh ₹21,000* 4 to 15 Days	Kerala ₹26,000* 5 to 10 Days
Orissa ₹27,000* 5 to 7 Days	Rajasthan ₹31,000* 7 to 15 Days	Himachal ₹33,000* 7 to 12 Days
Kashmir ₹34,000* 6 to 9 Days	Andaman ₹36,000* 5 to 7 Days	North East ₹60,000* 7 to 12 Days
Nepal ₹62,000* 8 to 10 Days	South East Asia ₹69,000* 6 to 11 Days	Sri Lanka ₹82,000* 8 Days
Dubai ₹95,000* 4 to 9 Days	Bhutan ₹97,000* 10 Days	Europe ₹97,000* 6 to 16 Days
Mauritius ₹1,17,000* 5 to 7 Days	Genting Dream Cruise with Singapore Malaysia ₹1,64,000* 8 Days	South Africa ₹1,80,000* 8 to 14 Days
Europe Christmas Market Special ₹1,98,000* 8 Days	Fun Filled Australia ₹2,80,000* 9 Days	Japan Cherry Blossom ₹2,93,000* 8 Days
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Highway upgrade: 6-lane vision



KR Puram-Kolar route to be widened from 4-lane to 6-lane

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The choke points beyond Tin Factory may soon undergo a transformation as the National Highways Authority of India (NHAI) plans to expand the four-lane highway into six-lane. Additionally, there is a proposal to construct an elevated highway between KR Puram and Kolathur, bypassing the current choke points.

Presently, multiple traffic junctions lead to extended traffic snarls along this crucial highway, connecting Bengaluru to Chennai and the pilgrim town of Tirupati. It also serves as a shortcut to reach

the Golden Quadrilateral (Chennai to Kolkata), providing direct access from Bengaluru to Nellore, Vijayawada, Vizag, and beyond. This route is vital for the border district of Kolar to Bengaluru.

Kolar MP S Muniswamy said, "An action plan has been prepared to widen the road, addressing the existing blackspots. The project is estimated at Rs 4,200 crore, covering an elevated highway from KR Puram to Kolathur, featuring around 60-80 underpasses until Nagali (the border of Karnataka and Andhra Pradesh)."

The Tin Factory junction has long been one of the city's worst traffic bottlenecks, and despite assurances, little relief has been seen from the traffic jams. Now, attention is shifting beyond the Tin Factory junction, as the KR Puram stretch grapples with persistent traffic congestion.

Earlier, Bengaluru Central MP PC Mohan had written to Union Transport Minister Nitin Gadkari expressing concern about connecting Bengaluru city with the starting point of the Bengaluru-Chennai Expressway (BCE). Daily traffic congestion oc-

curs from KR Puram to Hoskote, taking nearly two hours to reach the Bengaluru-Chennai Expressway starting point from Bengaluru City. Mohan proposed an elevated highway from KR Puram to Medahalli, converting the existing Light Vehicular Underpass (LVUP) into a vehicular underpass at Avalahalli, and making the single-side flyover at

cle movements. During peak hours, vehicles often get stuck for 10-15 minutes until a U-turn towards KR Puram is accessible. However, after crossing KR Puram, the Bhattarahalli junction experiences severe traffic congestion. Given the toll on this road and its poor condition with numerous potholes, motorists question the rationale behind toll collection

An action plan has been prepared to widen the road, addressing the blackspots. The project is estimated at Rs 4,200 crore

— S Muniswamy, Kolar MP

Katamnallur a bi-directional flyover.

KR Puram, situated on the old Madras road, is set to become the gateway to the Bengaluru-Chennai Expressway, but traffic conditions worsen on the KR Puram road. The Tin Factory is notorious for traffic jams throughout the day and night, and traffic beyond Tin Factory is equally problematic. Motorists highlight congestion issues upon descending the cable-stayed bridge, encountering a market, frequent pedestrian crossings, and local vehi-

cles for congested roads. Concerns are raised that traffic on KR Puram road will worsen once the Bengaluru-Chennai Expressway becomes operational, rerouting trucks, cars, and buses currently using Hosur Road. Without corrective measures, the road's current traffic challenges will intensify with additional vehicles. If left unaddressed, the travel time between Bengaluru City and Hoskote could surpass the travel time from Hoskote to Sriperumbudur near Chennai.

From waste treatment plant, back into the landfill

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The Bruhat Bangalore Mahanagara Palike (BBMP) is planning to remove the 48,000 tonnes of processed reject waste from the Chikkanamangala waste treatment plant and dump it in a scientific landfill in Hullahalli. Activists have urged BBMP officials to ensure an incineration plant in addition to this.

But what is ironic is that the waste treatment plant was established to avoid dumping of city's waste in landfills. The BBMP's Jayanagar division has floated a tender for shifting the rejects from the

Chikkanamangala processing plant to Hullahalli. The Palike has called a tender for an estimated value of work amounting to Rs 89 lakh.

However, Palike officials clarified that the processed reject waste being transferred to the landfill won't lead to any contamination. "Out of the waste entering the treatment plants, a portion turns to leachate and it's treated in leachate treatment plants. Roughly 14% turns into manure and the remaining is processed reject waste. An estimated 300 tonnes of waste is received by the plant daily and 40-50% is processed reject waste. The processed reject waste has to be sent to a scientific landfill and would not contaminate the environment," said a senior BBMP official.

Activists meanwhile are urging



the BBMP to establish an incineration plant and dump the ash in a hazardous waste landfill. "Without an incineration plant, we will keep adding to landfills. The plant should

be compliant with pollution control board standards. Around 15% of waste will be rejected and it has to be incinerated. If the waste meets the calorific value, it should be considered for waste-to-energy plants. The required calorific value of the waste ranges on an estimated 2,500-3,000 KJ. Segregation of the waste would be the crux of addressing the problem," said solid waste management expert Ram Prasad.

He added that the scientific landfills where the waste is being dumped also should meet the guidelines prescribed by the Central Pollution Control Board.

The Chikkanamangala plant has been under the scanner for foul smell and residents in the area have been demanding its closure.

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Road trouble Santhala Nagar



A bad road stretch near the Rest House Park area, Ward No. 111, Santhala Nagar, prompts urgent repair calls due to safety concerns.

Pothole plight Sahakar Nagar



A pothole on Sahakar Nagar Orchid's School Road is causing inconvenience to people, posing a risk of accidents. Urgent attention is required.

Parking puzzle Jayanagar



A jewellery shop's private parking arrangements on 10th A Main, 4th Block, Jayanagar, have rendered the pavement unusable, endangering pedestrians.

Phone flicked, hurt in chase, but cops refuse to file FIR

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TWEETS @BangaloreMIRROR

Another case of police not registering FIR after a theft complaint has come to light.

A young IT employee who was pickpocketed in a bus figured out who had taken his phone. He cornered the person and they both got down at the next bus stop. The victim then called a traffic cop over, who according to him "didn't do anything

to help", but told him to call 112.

As the victim was dialing 112, the pickpocket, who seemed to have an accomplice auto nearby, made a dash for the vehicle and tried to make a getaway in it.

The victim chased after the auto too and managed to grab a hold of it, shouting at the driver to stop. The driver not only didn't stop but also "shook off" the victim by speeding and zig-zagging. This made the victim fall and incur many injuries. The incident was recorded on CCTV camera.

"As if this wasn't messed up



Lost complaint in cases of phone thefts does not suffice as the culprits are never pursued

enough, when the victim went to the HAL police station, the cops there told him to register an e-Lost complaint for his phone and move on from the matter and refused to file an FIR," claimed a source who is helping the victim.

They also advised him not to go to any hospital for his injuries as the hospital would make a medico legal case.

The victim did whatever they asked him to, but was not okay with what had transpired.

"He finally met me and through

our discussion has now realised that he is not just a victim of a phone theft, but also of several other crimes. For a crime that can be registered under 7 sections, the police misled the victim into just going home with an online lost complaint, which does nothing but enter the IMEI number in the CEIR database," said social worker Dushyant Dubey.

He added that he was drafting a stronger complaint with all these sections to get the victim's FIR registered, though the incident happened in April.

Grin & bear it: Diet fit for sloth bears

Research hopes to study captive animals to understand how their ailments can be tackled with proper nutrition

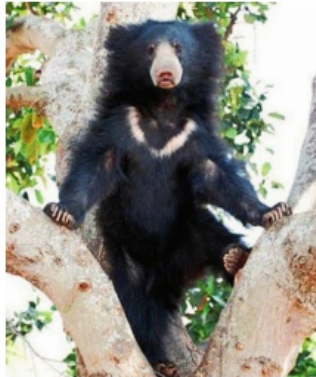
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Sloth bears are considered to be of significant ecological and cultural value in India and play a crucial role in maintaining the balance of ecosystems. However, according to wildlife experts, there are major health risks for captive sloth bears that include cholecystitis, hepatitis, cholangiocarcinoma, and inflammatory bowel disease that are often associated with poor dietary practices and inadequate nutrition. With regard to this, a research proposal has been submitted to the Karnataka Forest Department (KFD) by a set of experts to carry out nutritional therapy for cholecystitis and hepatitis and developing a therapeutic diet for captive sloth bears.

The proposal was spearheaded by Dr Navaz Shariff, People for Animals Wildlife Hospital, Bengaluru, along with Charles T Robbins, School of the Environment, Washington State University, Mehrad Ghazi Mirsaeed, Fam-Ara Pajooh Company, Pardisan Wildlife Rehabilitation, O Lynne Nelson, College of Veterinary Medicine, Washington State University, Travis G Vineyard, Cleveland Metroparks Zoo, 3900 Wildlife Way, Cleveland, OH and Troy Tollefson, Mazuri Exotic Animal Nutrition, Land O'Lakes.

Shariff told BM, "Studies have found that about 65% of deaths of sloth bears in US zoos between 1905-2015 and 48% of deaths in European zoos between 1960-2000 were primarily due to biliary adenocarcinoma; 15% of deaths in US zoos were due to various gastrointestinal diseases. Based on previous research, we have developed a new diet for captive sloth bears. We would want to evaluate the diet to improve their well-being. We have sent our proposal to the



Poor diet big reason for ill-health among captive bears

Principal Chief Conservator of Forests (PCCF) in KFD to allow us to carry out the study."

According to the proposal, the sloth bears' diet, which consists predominantly of ants and termites, contributes to the control of insect populations, aiding in the regulation of pest species and health of forest ecosystems.

Dr Shariff said, "Our primary objective is to propose a new sloth bear diet that should provide a healthy mixture of macro and micronutrients that will maintain a healthy liver, bile ducts, and gastrointestinal tract. Unlike past diets that have generally been high in carbohydrates and low in fat, the new diet based on the previous sloth bear preference study is low in digestible carbohydrates, high in fat, and moderate in protein. This new diet is based on over two decades of studying the nutritional needs of sloth bears, brown bears, polar bears, and giant pandas."

While they are still waiting for the KFD's approval, the team is hopeful to get a positive response. Dr Navaz said, "The study would be carried out for three years. We will carry out the medical examination of sloth bears first and segregate them into the healthier ones and those having diseases and needing a change in their diet. We will monitor them for three years."

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Bharti and friends

Shobha,
SharadanagarGrey beauties
from PBDFrom left: Brindha, Pushpa,
Hemalatha, Peenya, Dasarahalli

Marathahalli Yoga Centre



Manjula Guruprasad, BSK Ist Stage



Poornima and group



Lakshmidevi and Friends

BM NAVARANG 2023

Navarang with Bangalore Mirror

As the canvas of Saturday unfolded in shades of grey for BM Navarang, it was not just a colour — but a statement. Bengaluru women have illuminated the essence of beauty in grey, demonstrating that elegance knows no bounds.

The days' colours are becoming a sensation, a testament to the city's diverse and vibrant spirit.

With just two days remaining for BM Navarang to conclude, now is the perfect moment to showcase your style. Dress up according to the theme and send in your entries to be part of this vibrant celebration. Let's make these final days of BM Navarang as captivating as the shades of grey that define them.

Grab the chance, immerse yourself in the theme, and submit your

entries to add to the diverse array of styles that characterise BM Navarang. Let's transform these final two days into a memorable celebration of the artistic expression found in every nuance of colour.

Submit your group photos/selfies, along with names, addresses, and mobile numbers, to our WhatsApp line before 3 pm daily. Our number is given below. The best group photo stands a chance to be featured in BM-Navarang.

Please note that Bangalore Mirror reserves the right to use any of these photos for future promotions.

Today's colour: PINK

9591233247



Pratima and Friends, Malleshwaram



Rekha and friends, Rajajinagar

Vyjayanthi and
Hamavati,
BasavanagudiSisters Divya and
Deepika from Chandra
Layout

Sarovamangala and friends



Rekha & friends, Hanumanth Nagar



Tharalabalu Enclave-Yelahanka

Plateful of uncertainty

HSRP affixation deadline extension awaits state government decision

Melvin Mathew
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TWEETS @BangaloreMIRROR

As the demand for an extension of the deadline for HSRP affixation grows, the Karnataka transport department is contemplating a potential extension. The final decision rests with the state government, and transport officials expect a resolution within a week.

In alignment with the Ministry of Road Transport and Highways (MoRTH) guidelines, the state government initiated the comprehensive implementation of HSRP number plates for older vehicles. Initially, November 17 was set as the deadline for the mandatory transition. However, current statistics reveal that the installation numbers fall short of the targeted goal.

Of the aimed 2 crore HSRP number plates, only 1.75 lakh plates have been successfully installed.

According to transport department officials, the delay is caused due to a court order. "We are seeing lower numbers due to court cases filed by HSRP objectors. The court has asked to include other players, but this would contradict MoRTH orders. The state government has to decide this, and it's expected within a week. After the court issues are resolved, numbers are likely to go up. The deadline extension decision will also be taken after a week," said a senior transport department official.

In the high court case, the High-Security Registration Plate Manufacturers Association of India and Other Vs State of Karnataka and Others requested a stay order on the notification and order stating that only HSRP manufacturers authorised by OEMs must supply HSRP for the old vehicles and the plates will be affixed by authorised dealers of the vehicle manufacturers. The old owners must affix HSRP within a month. Although the high court declined to stay the order, it issued an order on September 20, requesting the state government 'to finalise and publish the process for approval by vehicle manufacturers for each license plate manufacturer with a Type Approval Certificate'. This order allowed petitioners to seek approval from vehicle manufacturers to participate in the HSRP scheme.

In its order, the transport department noted that all vehicles registered before April 2019 must get HSRP number plates. The vehicle owners can apply through transport.karnataka.gov.in or the <http://www.siam.in> website. As per the transport department guidelines, legal action will be initiated against the unauthorised affixing of HSRP plates.

The Karnataka Vehicle



Of the aimed 2 crore HSRP, only 1.75 lakh plates have been installed

November 17 was set as the deadline for the mandatory transition. However, current statistics reveal that the installation numbers fall short of the targeted goal

Number Plates Manufacturers and Sellers Association, on the petitioners of the case, said that it's a case of corporate dealers eating small independent manufacturers and sellers. They have alleged that few dealers have been favoured in this exercise. "For any notification, usually one week is provided for public objection. However, the transport department issued the notification on September 18, and the order came out on September 19. Four dealers have been

favoured in this exercise, while 500-700 manufacturers and suppliers are there. We are completely capable of affixing the HSRP number plates within 5-10 minutes. Even the HC order asked the state government to include us in the process, but no action has been taken. There are nearly 2-3 lakh people involved in this field, and this move is likely to increase the unemployment rates in the country. There are an estimated 3 machines for HSRP number plates in each ward. Hundreds of workers are likely to be unemployed and forced to be on the streets with this move. Within just two months, we have lost close to Rs 2 lakh, which would be in addition to legal expenditure to fight the move," said Satheesh S, President of the association.

He added that the state government is unflinching to the plight of their workers despite submitting letters to withdraw this order.

BDA auction: Buyers lost in search

Sridhar Vivan
@timesgroup.com

TWEETS @sridharvMIRROR

The Bangalore Development Authority (BDA) is opting to auction corner sites to boost revenue, but it's encountering a lacklustre response from potential buyers. The primary reason is that many buyers struggle to locate the plots due to the absence of geo-tagging.

The BDA regularly auctions sites for revenue, and on October 16, it presented 123 corner and middle sites for auction across various layouts it had previously developed. However, these sites exist only on paper, and in an era where people rely on platforms like Google Maps for location information, many prospective buyers face difficulty finding these non-geo-tagged sites.

Aspiring buyer Suraj D said, "BDA still has old maps. However, as we know, we located the areas with the help of Google Maps. Even if we have to go to our friend's or relatives' homes, we ask them to send Google location so that we can easily drive there. However, BDA still follows the archaic policy where they also give the address that cannot be searched from Google Maps. It has become quite difficult to locate those sites, and without seeing them, how can we even buy." BDA Chairman N Jayaram acknowledged the issue, stating, "It has come to our notice that many are having issues locating the plots due to the absence of geo-tagging. We will discuss with officials what could be done on this front."

Some customers highlighted the challenge of locating places in a rapidly changing Bengaluru land-



Many buyers struggle to locate the auction plots due to the absence of geo-tagging

scape. Interestingly, when the BDA auction sites in February 2023, it had allowed geo-tagging. Presently, the BDA is auctioning plots in various locations, and those interested need to enroll by October 31 for the e-auction. The first round of bidding will take place between November 2 and 3, followed by the second round between November 4 and 6. The initial bid starts at Rs 37,830 per square meter, with a maximum of Rs 1.77 lakh per square meter, translating to site costs ranging from Rs 49 lakh to over Rs 5 crore.

Realtors argue that geo-tagging would significantly help people locate plots using Google Maps, allowing even those residing elsewhere to conduct their research. On the contrary, BDA officials claim that they avoided geo-tagging to save costs. "Currently, only 123 sites are being auctioned, and we need to spend a bit on geo-tagging. Hence, we have given the phone number of the jurisdictional engineers, and interested customers can contact the engineers directly for more information."

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'Huge response to free travel scheme': State to buy 5,600 more buses

Chief Minister Siddaramaiah said that a target to purchase 5,600 new buses has been set in view of the huge response and public appreciation for Shakti Scheme across the state and instructed the officials

to take action in this regard.

The Chief Minister has ordered to complete the purchase process at the earliest, and has also approved Rs 500 crore for the purchase of new buses. There has been 15 per cent increase in

the number of passengers travelling in State Road Transport Corporation after the launch of Shakti Scheme.

He said that additional schedules and buses to provide better service to the passengers have also been ordered.

A discussion was held in the meeting about the revenue target collection of the transport department and the financial management of the road transport corporations.

The officials informed that Rs 83

crore fine has been collected from vehicle inspection.

Transport and Muzrai Minister Ramalingareddy, Chief Minister's Political Secretary Govindaraju and Naseer Ahmed, and other senior officials were also present at the meeting with the Chief Minister.

-IANS

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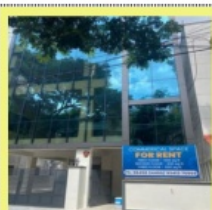
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tender & notices

COURT NOTICE

IN THE COURT OF THE DISTRICT JUDGE -1, GONDIA M.A.C.P. NO. 51/2018 Process No. 101 /2023 Fixed for: 22/11 / 2023

Petitioner: Ramaji S/o Bhanu Pandhre **Versus** **Respondent** Govindraj S/o Singaram + 2 To, **Respondent No. 1:-** Govindraj S/o Singaram, Ashok Leyland Drilling Vehicle No.KA-01-MJ-2399 Driver, R/o. 234, Ettimadai-puda. Tah. Namakul, Dist. Truchengoda (Tamilnadu)

Respondent No. 2:- K.Ramesh S/o Kailashan, Ashok Leyland 2399 Owner, R/o. No.10 S.S.S Building A.V. Road, Tramrajpath, Bangalore Tah.Dist. Bangalore(Karnataka)

Where as the above-named applicants have made application to this court the M.A.C.P. No.51/2018 (Ramji Vs. Govindraj) for deciding the cross-objection on Dated:22/11/2023

You are hereby warned to appear in this court in person or by a pleader duly instructed on 22/11/2023 at 11 am in the forenoon, to show cause against the application, failing wherein, the said application will be heard and determined ex-parte.

Also take notice that in default of your filing an address for service on or before this date mentioned you are liable to have your defence struck out.

Given under my hand and seal this court on 12/10/2023.

By order

Sd/-

Superintendent

District Court Gondia



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I SYED HYDER RESIDENT AT 1231 10TH CROSS CHANDRA LAYOUT BANGALORE HAVE CHANGED MY SON NAME FROM FADIL INAM TO SYED FADIL INAM VIDE AFFIDAVIT DT: 20/10/2023 SWORN BEFORE NOTARY DEEPA M BANGALRE

I, Poonam Ashwinkumar Sonawane W/o, Ashwinkumar Laxmikant Sonawane R/o Villa 29, Citrus Springville, Vgp Layout, Kudlu Road, Bangalore - 560068. have changed my name to Poonam Vasant Mogal for all purposes.

I PRASHANTH TRIVEDI S/O CHANDRASHEKAR TRIVEDI R/O CHOLURPALYA BANGALORE have changed my name from PRASHANTH S TRIVEDI TO PRASHANTH TRIVEDI for all future purposes

I, Hameeda ben, R/o J.p. nagar 1 St phase tmc layout Indira Gandhi circle door no 40 6th across Bengaluru, Karnataka-560078 have Changed my name to Hamida Mohammadi Calcuttawala

I, Rajkishore S/o, S V Raju R/o #10/1, A Street, New Gududahalli, Kuvempunagar, Bangalore 560026 have changed my name to S R Raj Kishore for all purposes.

Death of honour

As shadow of 'honour' killings looms over state, researchers suggest measures that can check the crime

| Rachana Ramesh
c-rachana.ramesh@timesgroup.com

TWEETS @BangaloreMIRROR

Last week, a 47-year-old man from Devanahalli was arrested for allegedly killing his daughter after an argument over her relationship with a man from another caste. The accused, a resident of Bidalur belongs to the Scheduled Tribe Naik community.

According to the police, Manjunath wanted his eldest daughter Kavana to marry a man named Mukund, but she refused as she was in love with another man from the Scheduled Caste Chalavadi community. Manjunath then decided to get his daughter Keerthana married to Mukund. When Keerthana returned home alleging that her husband was not taking care of her, Manjunath denied her support, so she approached an NGO. Reportedly, the NGO workers told Manjunath not to persuade his daughter over the issue. Blaming Kavana for the situation, Manjunath slit her throat with a knife while she was asleep. He surrendered to the cops and confessed to the crime.

According to the National Crime Record Bureau (NCRB), the number of honour killings reported in India stood at 25 in 2019 and 2020, and rose to 33 in 2021. The numbers are severely underestimated as many cases go unreported. Karnataka has been witnessing a wave of honour killings, in areas including Kolar, Tumakuru and Mandya. Since October last year, the state has seen seven honour killings. Advocates and researchers who work in the field spoke to Bangalore Mirror regarding measures that can be taken to deter the crime.

Patriarchy is inherent

Sivamanithan S, an advocate, told Bangalore Mirror that in Karnataka, women are often the victims of honour killings while in the neighbouring states of Andhra Pradesh and Tamil Nadu, it is often the man who is targeted. "When a man from the upper caste falls in love with a woman from the lower caste, there is not much opposition. The girl's family may be subjected to humiliation but it does not lead to killings. It is likely to happen when an upper-caste woman falls in love with a lower-caste man," he explained, adding that a woman's choice of a partner is dictated by their family and caste behaviours.

Informal panchayats

In a case of alleged honour killing, a father strangled his daughter to death on June 27 in Bodagurki village of Bangarpete in Kolar. Soon after hearing about the death of the girl, the man she was in love with, belonging to the Scheduled Caste - Madiga community, is said to have committed suicide by jumping in front of a train.



A fact-finding report put together by Sivamanithan and Dr Dr Siddharth KJ, an independent researcher and Dinesh Kumar S, a student activist on the deaths found that the village had a 'nyaya panchayat' - an informal forum wherein both civil and criminal disputes are adjudicated outside the court of law - in place to settle inter-caste conflicts. It also noted that the practice of thoti thalavarike or kulvadike, a hereditary caste practice associated with services performed by the untouchable caste, continues to exist in Bodagurki. It called for hereditary caste practices like thoti thalavarike or kulavadi and institutions like nyaya panchayat to be abolished, while alternative livelihoods were provided.

Police action

Sivamanithan provided an example of an inter-caste couple from Ranibennur living in Bengaluru being threatened by the police after a complaint was filed from the girl's family. "They (the couple) were called back to their district and the girl was coerced to go back to her family. The boy was jailed for two days and when his friend tried to question the police, the cops went on to file an FIR against him," he explained, adding that the police do not confront upper-caste members and succumb to their pressure.

Since October last year, the state has seen 7 honour killings. The actual numbers, however, may be way higher as many cases go unreported or are suppressed

"The police even have a prejudice when it comes to cases related to caste violence. There have been instances where postmortem reports have been tampered with to favour the upper-caste accused. Even in the recent Idrees Pasha case, the accused received bail from the High Court after the postmortem report claimed that the wounds were mere aberrations," he said.

The fact-finding report in Keerthi's case highlighted that despite multiple attempts by Gangadhara's family to file a complaint against Keerthi's family for using caste slurs against them in public and being the cause for Gangadhara's suicide, police refused to file an FIR until the Dalita Sangharsha Samithi (DSS) staged a protest outside the police station. Sivamanithan said that police officials should be sensitised towards taking proactive steps whenever instances of possible danger to inter-caste or interfaith couples come to their attention and recommended setting up a helpline for couples to seek assistance in such cases.

Role of social activists

Families are often complicit in the crime and justify it, with a majority pushing the narrative of the victim killing themselves, reducing the chances of a complaint being registered and the victim getting justice. "Most of the killings happen within the four walls of the accused and families refuse to provide evidence. So there must be a third party involved, just like the Protection of Children from Sexual Offences (POSCO) mandate, to ensure that there is no dilution in the case," Sivamanithan suggested. Further, the fact-finding report suggested that a non-governmental organisation or social activist must be attached to every police station to assist the members of the scheduled caste community in registering complaints under the SC/ST (Prevention of Atrocities) Act, 1989.

Incentivising anti-caste behaviours

Dr Siddharth KJ said that the government must consider incentivising anti-caste behaviours through campaigns like 'Vinaya Samarasya' that was introduced by the previous regime. The campaign is named after a two-year-old Dalit boy Vinay from Koppal, whose parents were penalised after the toddler entered a temple. The then Minister for Social Welfare and Backward Classes Kota Srinivas Poojary had said that if a gram panchayat becomes free of untouchability, then a cash prize of Rs 25 lakh to Rs 50 lakh would also be awarded.



Most of the killings happen within the four walls of the house and families refuse to provide evidence. So there must be a third party involved to ensure the case is not diluted

- Sivamanithan S, advocate

Gaganyaan test flight is right on track

Hours after the Indian Space Research Organisation carried out successful 'TV-D1' (Test Vehicle Development Flight 1) in the Gaganyaan Mission, astronomer Dr RC Kapoor on Saturday said that the experiment went perfectly well and it exactly followed the design trajectory.

"It has been a great moment for all of us... This is the first test flight... A total of four test flights have to take place... The most important thing is that we wanted to test the crew escape system. Today's experiment went perfectly well... It almost exactly followed the design trajectory... There were some anxious moments in the beginning... The whole show was over in nine minutes but those nine minutes were very thrilling... We felt very proud that ISRO had succeeded," the former Professor of the Indian Institute of Astrophysics (IIA) said.

Meanwhile, the crew module, which separated from the Gaganyaan mission's test vehicle, has been successfully recovered by the Indian Navy from the Bay of Bengal.

ISRO successfully conducted the



ISRO's TV-D1 test flight of Mission Gaganyaan lifts off from Satish Dhawan Space Station on Saturday

Purpose of mission was to demonstrate the crew escape system in the mission was achieved

first test flight of the 'TV-D1' (Test Vehicle Development Flight 1) in the Gaganyaan Mission from the Satish Dhawan Space Centre (SDSC) in Andhra Pradesh's Sriharikota after it was aborted at 8:45 am today due to a problem in the engine ignition.

ISRO Chief Somanath informed that the purpose of this mission was to demonstrate the crew escape system in the mission was achieved.

"I am very happy to announce the successful accomplishment of the TV-D1 mission. The purpose of this mission was to demonstrate the crew escape system for the Gaganyaan program through a test vehicle demonstration in which the vehicle went up to a Mach number, which is slightly above the speed of sound, and initiated an abort condition for the crew escape system to function," he said. The mission objectives of the TV-D1 launch were flight dem-

onstration and evaluation of Test Vehicle subsystems; flight demonstration and evaluation of Crew Escape System including various separation systems; crew module characteristics; and deceleration system demonstration at higher altitudes and its recovery.

The Test Vehicle is a single-stage liquid rocket developed for this abort mission. The payloads consist of the Crew Module (CM) and Crew Escape Systems (CES) with their fast-acting solid motors, along with CM fairing (CMF) and Interface Adapters. This flight simulated the abort condition during the ascent trajectory, corresponding to a Mach number of 1.2 encountered in the Gaganyaan mission. This mission represents a significant milestone in India's effort to demonstrate that it is possible to send humans into space.

The Gaganyaan project envisages a demonstration of human spaceflight capability by launching a crew of three members into an orbit of 400 km for a 3-day mission and bringing them safely back to earth by landing in Indian waters. **ANI**

Parva launched



"It will be made in Hindi and Kannada. Parva is not a mythological movie. It will be made in three parts," said Agnihotri. Dr Bhyrappa said the movie Parva should introduce Mahabharata to the world.

—Y Maheswara Reddy

BM Health

Clothes maketh a fit man



Many individuals set health goals, employing various methods to track their well-being. While some rely on smartwatches for health monitoring, others intuitively gauge their inner well-being. According to a recent nationwide survey by Fitelo, half of the respondents rely on a unique indicator—ill-fitting clothes—to assess changes in their weight or overall health. The survey found that 58% of participants start contemplating their health when their older clothes no longer fit. This shared realisation, irrespective of age, serves as a powerful wake-up call, prompting individuals to reconsider their health choices.

The survey report highlights that during youth, health revolves around growth, proper nutrition,

58% of survey participants say they start thinking of their health when their clothes no longer fit

physical fitness, and emotional well-being, guided by familial choices. It emphasises on the need for families to prioritise the best for their members. Additionally, the research delves into dietary preferences in India, noting a 57% inclination towards celebrating occasions with traditional Indian snacks. Despite this gastronomic diversity, the survey reveals a concerning gap: 64% of people have never taken a health plan, while 78% express interest in adopting one. In response to these findings, the report advocates for a more integrated approach to health and wellness. It sug-

gests a combination of personalized, age-focused health plans, cutting-edge technology for continuous health monitoring, and a comprehensive well-being strategy that extends beyond physical health to encompass mental and emotional dimensions.

"The concept of health evolves throughout the lifespan, influenced by social, cultural, and developmental factors. As individuals progress through adolescence, societal expectations and peer influences come into play, marking the emergence of body image concerns and heightened awareness of personal health choices. Adulthood, characterised by varied responsibilities, including marriage and parenthood, prompts individuals to think about health. The survey indicates that 27% of respondents began contemplating health during this stage, with notable differences between genders. Around 30% of females express a desire to look good post-marriage and stay fit after pregnancy, compared to 15% of males.

In later stages of life, health assumes a new meaning, focusing on overall well-being and freedom from diseases.

Approximately 30% of Gen X respondents started thinking about health due to medical illnesses or treatments, a trend not significantly observed among Gen Z or Millennials. The global health crisis triggered by the COVID-19 pandemic acted as a pivotal

turning point for 11% of respondents, highlighting the profound impact of external circumstances on perspectives regarding health," said the report.

Survey data reveals varied responses based on occupation, with homemakers beginning to think about health after having children, self-employed individuals and students responding to family suggestions, and employed individuals contemplating health during occasion or holiday planning. **BMB**

VIDHU VINOD CHOPRA
FROM DIRECTOR
12TH
FALL
#RESTART
BASED ON A TRUE STORY
INSPIRED BY A MILLION TRUE STORIES
IN CINEMAS WORLDWIDE
27TH OCTOBER
HINDI | KANNADA

ULLAS
AGARBATHI PRESENTS
HARIDASA VIJAYAM
Harikatha by
KALAIMAAMANI
SMT. VISHAKA HARI
4 NOV 6.30 PM ONWARDS
PRESTIGE SRIHARI KHODAY CENTRE FOR PERFORMING ARTS
TICKETS AVAILABLE ON BOOK MY SHOW

SPECIAL PARTNER
AVR

CO-SPONSORS
GOPURAM
Athulya

STORY BEHIND THE PHOTO



A get-together

Cormorants take a break on rocks at a lake in AECS Layout

The picture was clicked by our reader
Sonu

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

DID YOU KNOW?

Ravi Belagere was one of the notable journalists from Karnataka. He was the founder of Bhavana Prakashana and Bhavana Audio Reach. He was also the editor of Hai Bangalore, a Kannada tabloid. He also headed the magazine O Manase as its editor. His notable works include Nee Hinga Nodabyada Nanna, Himalayan Blunder, Indireya Maga Sanjaya, and more. He was born in Bellary and passed away on November 13, 2020, in Bengaluru at the age of 62.



GET HEARD WITH
MIRROR
9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAP THE CHATTER

where Bengalureans speak their mind

How would you rate the public transportation system in Bengaluru?



Indrajith Vivekanandan, BM reader

As a Bengalurean, I have witnessed the growth of the public transport system in the city. I would rate it a solid 8 as we may have great infrastructure, but we still lack inclusive mobility in the ecosystem, shared mobility, and increased transportation expenditure.



Sumanth PM, BM reader

I would give the transportation system in Bengaluru a rating of 6 out of 10. The Metro significantly improves commuting to different parts of the city. On the other hand, the majority of BMTD buses are in poor condition.



AR Dhanush, BM reader

Bengaluru ranks as the 3rd most populous city in India, yet significant improvements are needed in its public transportation system. Enhanced bus frequency, punctuality, road quality, and traffic management are essential.



Shashank Kashyap, BM reader

Namma Bengaluru has one of the best public transport systems in the country. The bus network is huge and reliable. Metro trains cover almost every important area.



Yash Kale, BM reader

Public transport in Bengaluru is the best in terms of connectivity, as it offers transportation to all significant places in the city.



Rohit S, BM reader

The metro is very efficient, and it earns high praise from its users. However, our bus transportation could use some improvements to offer a more comprehensive and seamless travel experience.

Broken signs out, new ones in

ELCITA plans to revamp signages, add lighting for better road safety

Melvin Mathew
c-melvin.mathew@timesgroup.com

TWEETS @BangaloreMIRROR

ELCITA is planning to replace old and broken traffic signages and add 30 more to the count. Additionally, there is a plan to add LED lights to the signages to increase visibility at night.

ELCITA CSO Anirudh Gudi told BM, "We are planning to improve road safety by replacing the traffic signages as per Indian Road Congress standards. We are planning on replacing damaged signages and adding 30 more signages."

Additionally, they also plan on adding signages with LED blinkers and solar lights for better visibility at night. "During the daytime, we see fewer instances of speeding but for nighttime, we want to install traffic signs against speeding. The speed limit will be 30 kmph. We have identified particularly long stretches where such signages could be installed," he added.



Signages with speed limits will be lit up so that rules are followed at night too

ELCITA has called a tender for the project and as per the tender, the work must be completed in 50 days from the finalisation of the tender.

Citizens say that such measures should be considered outside the model-dome ELCITA boundaries. "These measures might be helpful, but they are limited to the ELCITA boundary. Outside the boundary, even basic requirements are ignored. While they have perfect roads, panchayats cry about budget shortages," said Ishan, a resident of Electronic City. Spread over 930 acres, ELCITA largely caters to industries. As per Government of Karnataka declaration in 2013, Electronics

City became the first industrial township area in the state to be governed by its members under the Karnataka Municipalities Act 1964.

Activists say that positioning these signs is important. "It's a good idea to install such measures as they have lower power consumption. Bengaluru does not completely shut down at night and it could contribute to the safety of pedestrians and motorists. So many of the city's signages are bent and broken and it's time to take such measures within BBMP limits as well. However, they should be put in proper places and the font should be readable from a moving vehicle," said Rajkumar Dugar, a civic activist.

SPEAK TO US

What are the biggest challenges or issues you think Bengaluru is facing right now?

If you want to be featured in this section tomorrow, mail us your answer to this question, in 25 words, by 5 pm today, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation and a picture at **mybangaloremirror@timesgroup.com** or WhatsApp us on 9591233247



CHICKEN SOUP FOR THE SOUL

Nutrition specialist explains what's behind the beloved comfort food

Preparing a bowl of chicken soup for a loved one when they're sick has been a common practice throughout the world for centuries. Today, generations from virtually every culture swear to the benefits of chicken soup. In the US, the dish is typically made with noodles, but different cultures prepare the soothing remedy their own way.

Chicken soup as a therapy can be traced back to 60 AD and Pedanius Dioscorides, an army surgeon who served under the Roman emperor Nero, and whose five-volume medical encyclopedia was consulted by early healers for more than a millennium. But the origins of chicken soup go back thousands of years earlier, to ancient China.

So, with the cold and flu season in full swing, it's worth asking: Is there any science to back the belief that it helps? Or does chicken soup serve as just a comforting placebo, that is, providing psychological benefit while we're sick, without an actual therapeutic benefit?

As a registered dietitian and professor of dietetics and nutrition, I'm well aware of the appeal of chicken soup: the warmth of the broth and the rich, savory flavors of the chicken, vegetables and noodles. What gives the soup that distinctive taste is "umami" – the fifth category of taste sensations, along with sweet, salty, sour and bitter. It is often described as having a "meaty" taste.

Improved appetite, better digestion

All that makes sense, because amino acids are the building blocks of proteins, and the amino acid glutamate is found in foods with the umami taste. Not all umami foods are meat or poultry, however; cheese, mushrooms, miso and soy sauce have it too.

Studies show that taste, it turns out, is critical to the healing properties of chicken soup. When I see patients with upper respiratory illnesses, I notice many of them are suddenly eating less or not eating at all. This is because acute illnesses ignite an inflammatory response that can decrease your appetite. Not feeling like eating means you're unlikely to get the nutrition you need, which is hardly an optimal recipe for immune health and recovery from illness.

But evidence suggests that

the umami taste in chicken soup may help spur a bigger appetite. Participants in one study said they felt hungrier after their first taste of a soup with umami flavor added in by researchers.

Other studies say umami may also improve nutrient digestion. Once our brains sense umami through the taste receptors on our tongues, our bodies prime our digestive tracts to absorb protein more easily.

This can reduce gastrointestinal symptoms, which many people experience when they're under the weather. Although most people don't associate upper respiratory infections with gastrointestinal symptoms, research in children

has found that the flu virus increased abdominal pain, nausea, vomiting and diarrhea symptoms.

May reduce inflammation and stuffy nose

Inflammation is part of the body's natural response to injury or illness; inflammation occurs when white blood cells migrate to inflamed tissue to assist with healing. When this inflammatory process occurs in the upper airway, it results in common cold and flu symptoms, such as a stuffy or runny nose, sneezing,

coughing and thickened mucus. Conversely, lower white blood cell activity in the nasal passages can reduce inflammation. And interestingly, research shows that chicken soup can in fact lower the number of white blood cells traveling to inflamed tissues. It does this by directly inhibiting the ability of neutrophils, a type of white blood cell, to travel to the inflamed tissue.

Key ingredients

To truly understand the soothing and healing effects of chicken soup, it's important to consider the soup's ingredients. Not all chicken soups are packed with nutritious healing properties. For instance, the ultra processed canned versions of chicken soup, both with and without noodles, lack many of the antioxidants found in homemade versions. Most canned versions of chicken soup are nearly devoid of hearty vegetables.

The core nutrients in homemade versions of the soup are what set these varieties apart from canned versions. Chicken provides the body with a complete source of protein to combat infection. Vegetables supply a wide array of vitamins, minerals and antioxidants. If prepared the American way, noodles provide an easily digestible source of carbohydrate that your body uses for energy and recovery.

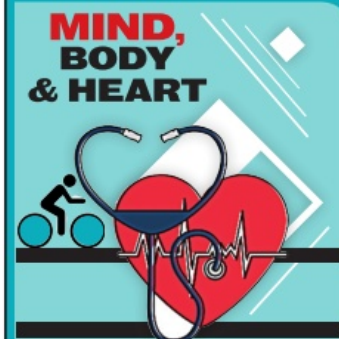
Even the warmth of chicken soup can help. Drinking the liquid and inhaling the vapors increase the temperature of nasal and respiratory passages, which loosens the thick mucus that often accompanies respiratory illnesses. Compared with hot water alone, studies show chicken soup is more effective at loosening mucus.

The herbs and spices sometimes used in chicken soup, such as pepper and garlic, also loosen mucus. The broth, which contains water and electrolytes, helps with rehydration.

So, to maximize the health benefits of chicken soup, I recommend a homemade variety, which can be prepared with carrots, celery, fresh garlic, herbs and spices, to name a few ingredients. But if you need a more convenient option, look at the ingredients and nutrition facts label, and choose soups with a variety of vegetables over an ultra processed, nutrient-depleted kind.

In short, the latest science suggests that chicken soup – though not an out-and-out cure for colds and flu – really helps with healing. Looks like Grandma was right again.'

Colby Teeman, University of Dayton, *The Conversation*



All you need to know about...

Schizophrenia

Brain connections

Schizophrenia, a neurodevelopmental condition marked by psychosis, is thought to be caused by the disorganisation of brain connections and functional integration.

Different from 'normal'

A recent study published in *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging* by Elsevier discovers variations in functional brain connectivity in patients with and without psychosis and schizophrenia, which may aid researchers in understanding the neural foundation of this disease.

Hierarchy in the brain

The cortex of the brain is organised hierarchically, with the sensorimotor cortex at one end and multimodal association regions at the other, with the task of integrating incoming sensory information with internal and external sensory inputs. The disturbance of this hierarchical signalling may be the cause of executive control loss in schizophrenia.

Techniques used

Alexander Holmes, a PhD candidate at Monash University who led the study, said, "We used brain imaging and novel mathematical techniques to investigate the hierarchical organization of the brains of individuals with early psychosis and established schizophrenia. This organisation is important for brain health, as it regulates how we can effectively respond to and process stimuli from the external world."

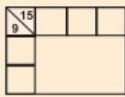
New approaches

Cameron Carter, MD, Editor of *Biological Psychiatry: Cognitive Neuroscience and Neuroimaging*, said, "These new approaches to test mathematical models of the organisation of circuits in the brain are beginning to reveal the nature of the disruption of neural integration that underlies psychotic symptoms in people with schizophrenia." —ANI

So, with the cold season on, it's worth asking if there is any science to back the belief that chicken soup helps or is it just a placebo?

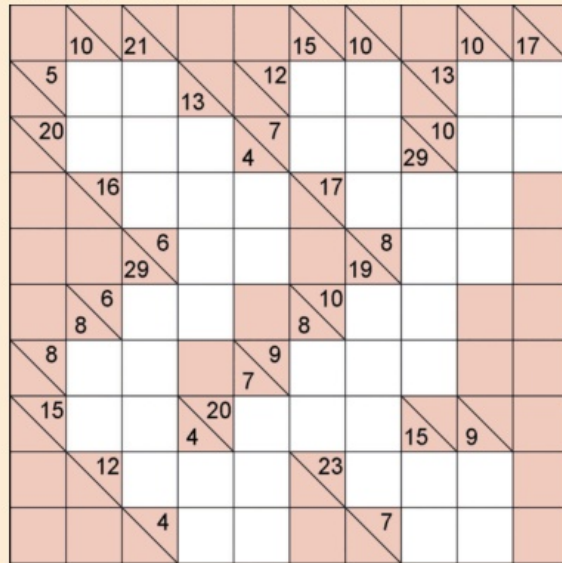
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

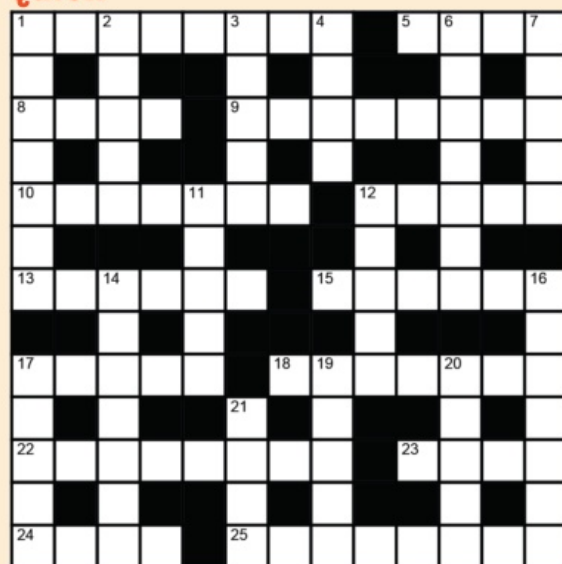


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 1 Unequal (contest) (3-5)
- 5 Eight as a prefix (4)
- 8 Gone by (4)
- 9 Air India, Lufthansa, Indigo, etc (8)
- 10 Patrolled (7)
- 12 Regarding (5)
- 13 Album (6)
- 15 Karnataka's popular idli variant (6)
- 17 Proportion (5)
- 18 Reserve funds (4,3)
- 22 Not wearing shoes or slippers, you'll be so! (8)
- 23 Feline sound (4)
- 24 Nimble (4)
- 25 Barely (8)

DOWN

- 1 In theory (2,5)
- 2 Artist's stand (5)
- 3 Cover with fabric (5)
- 4 Filth (4)
- 6 Bend, twist or warp (7)
- 7 Useful quality (5)
- 11 Freight (5)
- 12 Hurts (5)
- 14 Provision supplier (7)
- 16 Keenly (7)
- 17 Gowns (5)
- 19 Minor film actor (5)
- 20 Habituate, get used to (5)
- 21 Oodles (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: K EQUALS T
KQU NTUHKUAK QROHNU ZU
PHY BHV KR KTCKQ, DA KR CAU
DK.



Linemaro

I really enjoy the way you pronounce the word 'ruby'



Mindchow

The glow of a warm thought is worth more than money



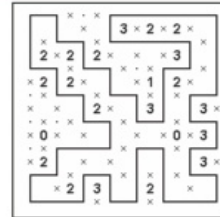
Joke of the day

A friend is someone who will help you move. A GOOD friend is someone who will help you move a dead body

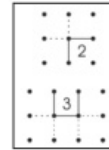
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

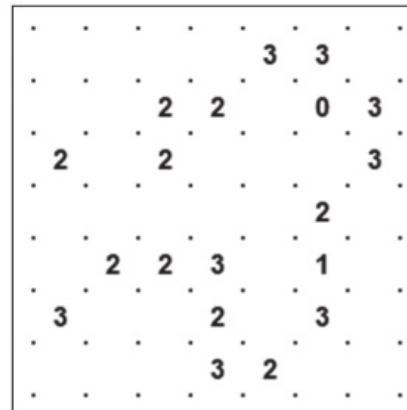


(Fig B)
Not Allowed

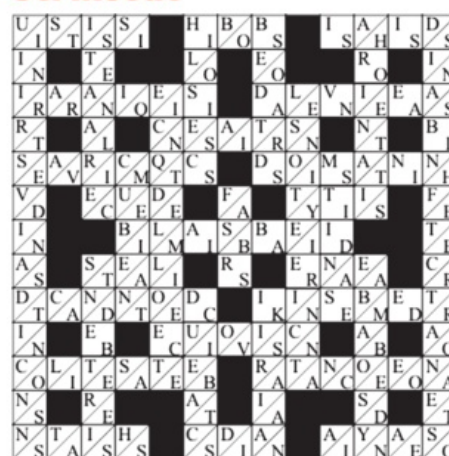
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

- 1 Halma; 6 Or yin;
- 7 Jaspe; 8 Ale be;
- 9 Saber

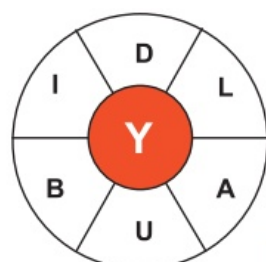
DOWN

- 1 Jab ho; 2 Arab a;
- 3 EPROM; 4 An lee;
- 5 SS Lye

Mensapuzzle

What number is three places away from itself plus three, two places away from itself multiplied by two, two places away from itself less four and two places away from itself divided by three?

20	14	12	24	33
3	10	16	15	18
17	7	4	8	6
5	1	9	30	36
39	21	13	2	11



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

04 Average; 05 Good; 07 Outstanding

SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

1 1 2 2 = 6

1 1 2 2 = 6

Medium

5 6 8 9 = 1

5 6 8 9 = 1

Hard

1 6 9 2 = 17

1 6 9 2 = 17

HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Frog is smaller. 2. Bath mat is moved. 3. Row of tile is added. 4. Towel holder is different. 5. Hair is different. 6. Curtain rod is not showing.

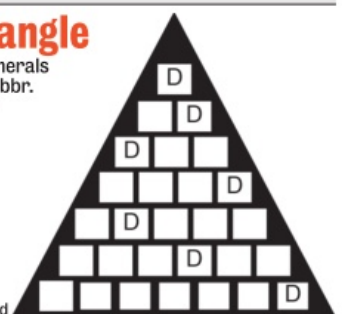
Riddler

Which weighs more: a gallon of liquid water or a gallon of ice? (With "weight" meaning, weight on the same planet, at the same location -- so literally, "which has more mass?")

Alpha triangle

- 1 500 in Roman numerals
- 2 Advertisement, abbr.
- 3 Hoover or Aswan
- 4 Hotel employee
- 5 Fess up
- 6 In the center of
- 7 Bone in the skull

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be



made at each step answering to the clue given.

COMICS

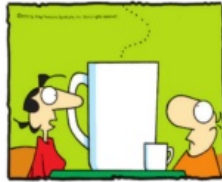
The BETTER HALF

by GLASBERGEN

Featuring HARRIET STANLEY PARKER



"The computer is unable to balance our checkbook. It says we're giving it a headache."



"It was the door prize at our Employee Productivity Seminar."



"Every time I click the remote, I want you to change your mood. I'll stop when I find one I like."



"I'll shred the cheese and slice the pepperoni. The exercise will be good for my diet."



"I've been listening to motivation tapes while I sleep. They only motivated me to sleep longer."

BABY BLUES

BY RICK KIRKMAN & JERRY SCOTT



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Today until evening, you may be impatient and lack confidence, which may reflect your way of working. Parent's health may make you upset. Kid's notorious behaviour may make you upset. You should try to focus yourself and try to avoid scattering your energy into many holes. Investments in risky assets are advised to avoid now.



Leo Jul 24 - Aug 23

Today, watch your words and be cautious of hidden enemies or conspiracies. Avoid risky investments and lending money to others. Meditation and yoga can help alleviate stress. Lovebirds should avoid controversies. Students should focus on their studies.



Sagittarius Nov 23 - Dec 22

Today, the moon's influence is less favourable, potentially leading to health issues. Avoid investing in new business projects to prevent losses. Students should concentrate on their studies and avoid distractions. Also, drive cautiously.



Taurus Apr 21 - May 20

Today, you may be happy. You are likely to plan for overseas work-related travel, which will increase your business in the near future. Spending money on luxury stuff may improve your lifestyle. But you are advised not to drive yourself towards glamour or additions; it may affect your financial health.



Virgo Aug 24 - Sep 23

Today, job seekers may find new opportunities, and promotions in current jobs are possible. New clients in business could lead to increased profits. Singles may discover a suitable match. In domestic life, transparency with your spouse is key to maintaining a strong relationship.



Capricorn Dec 23 - Jan 20

Today, mental peace and quality time with friends and family are in store for you. Domestic life may become more enjoyable, increasing understanding with your spouse. A new business partnership and innovative ideas could boost your business, potentially resolving disputes.



Gemini May 21 - Jun 21

Today, you are advised to control your way of speaking; harsh speaking may affect your family harmony. You may spend your hard-earned money buying some worthless stuff to maintain your social status, but it is advised not to keep your money loose in your pocket.



Libra Sep 24 - Oct 22

Today brings professional success, with your plans yielding positive results and potential gains from past investments. Your creativity can enhance your professional skills, and job seekers may secure suitable positions. Students are advised to focus after self-analysis, and understanding your spouse's feelings is important.



Aquarius Jan 21 - Feb 19

Today, your good health may make you happy. Your health-related issues are now being resolved. You may control your worthless expenditures, and new sources of income may likely be opened, which may boost your financial health. Singles may find soul mates in the same community.



Cancer Jun 22 - July 23

Today, you might be busy with your child's career and extracurricular activities. Seek advice on career choices and consider meeting consultants or specialists. There could be good news about your child's results, and you may invest in your family business.



Scorpio Oct 23 - Nov 22

Today, you may experience some unease until the afternoon, but the elder's blessings might help resolve your situation. Your determination can help you complete delayed projects. Avoid domestic arguments. By evening, you may see gains from past investments.

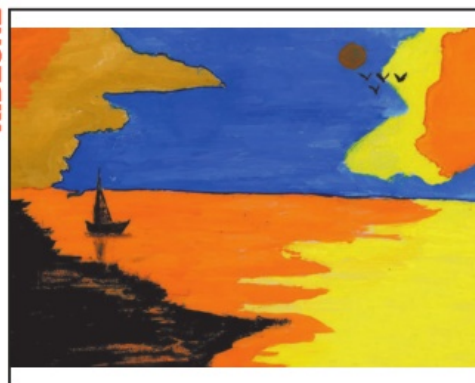


Pisces Feb 20 - Mar 20

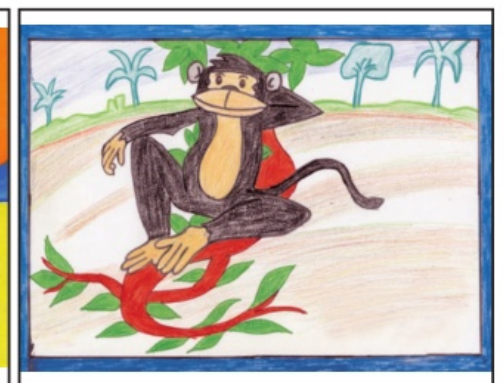
Today, a positive moon will bring energy and increased efficiency at work. Helping those in need can enhance your reputation. Dedicate some time to studying intellectual subjects and consider planning for higher education to advance your career.



KIDZONE



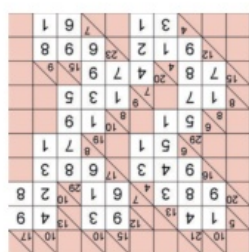
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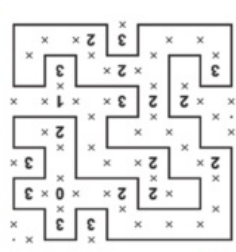
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SOLUTIONS



KAKURO

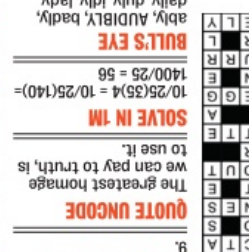


LOOP

2 + 9 + 6 x 1 = 17
Hard
5 - 6 x 8 + 9 = 1
Medium
2 + 2 + 1 + 1 = 6
Easy
GO FIGURE
D. Ad. Darn,
Maid. Admit,
Mastoid.



ALPHA TRIANGLE



SUDOKU



MENSA PUZZLE



QUICK



STRIKE OUT



Nazdikiyon Ki *Shine*



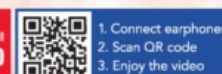
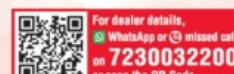
**Shine
100**
EX-SHOWROOM ₹66600
— KARNATAKA —



**Shine
125**
EX-SHOWROOM ₹81100
— KARNATAKA —



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